

Get Rid of Absent Mindedness in 10 Steps



By Minoo Jokhi



We are in 2020. The year where 'Coronavirus' havoc is all over the world, adding to the pressures of everyday living. We are in an era where we need to multitask as there is so much to do in so little time. We often try to execute tasks simultaneously to save time. And then we become inattentive and forgetful. This is the classic syndrome of absentmindedness.

It is commonly said as you grow older, you become absent-minded. You forget to lock your vehicle's door; forget to post the letter, which is still in your pocket as you return from a trip round the block; forget to pay the mobile or the electric bill. But this is a myth. The reality is that a person can be most alert person, even as they grow older and, conversely, can be extremely absent-minded at a very young age.

Just as absentmindedness is often mistaken for a poor memory, so is absent-mindedness often blamed for mental blocks. In such a situation, try to think of events linked with the name or event you are trying to recall. Also make an association between the object and its location.

If you keep forgetting your umbrella at the office, associate the umbrella to the last thing you do when you leave the office. If you have to buy some oranges at the supermarket; associate the oranges to your check-out cash counter - this will ensure you remember the oranges as you head out to pay.

What is Memory?

Memory is the cabinet of imagination, the treasury of reason, the registry of conscience. In fact, memory is responsible for one-tenth of our intelligence. Sounds unbelievable; isn't it. Memory is all the more important these days with creativity and out-of-the-box thinking being the need of the hour.

Yet, it is a fact that no creative thought arises in isolation. It springs from past experiences that are collected and stored in our sub-conscious mind. Creativity lies in the speedy retrieval of the past information and building on it.

A sound memory opens the door to success in all walks of life be it as a school or college student, or in one's professional or personal life.

Absentmindedness can cause problems. You go to a place and not know why you are there! You are always uncertain. And unpunctual. Dropping a glass of milk and then realising you were holding it. Realising that you are still in the bus after the bus has passed your destination. So, as we can see, it is embarrassing as well as troublesome to remain absentminded.

The famous English Philosopher G.K. Chesterton said: "I am not absentminded. It is the presence of mind that makes me unaware of everything else." That's true; always have alertness and presence of mind.

Banish Absentmindedness

I have compiled ten tips to banish absentminded and to overcome this very common but embarrassing predicament that many

people face. The tips are as under:

- 1) Use technology to extent only. Don't be over dependent on it. I only save my landline and mother's number in my contacts in my cell phone and remember thousands of phone numbers in my mind and in my memory. When you are so dependent to save numbers in contacts, you tend to never use the mind, which is much more powerful than the best of gadgets.
- 2) Drink plenty of water as when you don't drink enough water, your body and mind become weak and tired. Water makes red blood cells more active and also makes you more energetic. And yes we are in the midst of coronavirus, don't forget to drink warm water. It will always help.
- 3) Learn to handle stress well. Don't panic. Tell yourself: "Today I refuse to stress myself about things I cannot control or change." And do the same affirmation every day. Stress dampens your memory.
- 4) Do physical exercise for 20-35 minutes minimum as it has a great effect on your cognition. Also it keeps the individual's body healthy and improves circulation, which means the brain is able to get fresh oxygen more quickly.
- 5) A good way to remember both routine

activities as well as some specific event is to make an association between the event and the thing that has to be remembered.

6) Do not procrastinate or delay something as it causes lapses in memory. As we have heard: "Kal kare so aaj kar, aaj kare so ab" - meaning what you have to do tomorrow, do today and what you have to do today do immediately so that you do not forget or procrastinate.

7) Stop worrying constantly and do not over think about small issues but see the big picture calmly always.

8) Do one thing at a time giving it your 100% concentration.

9) Sleep well; do not deprive yourself of a night's good sleep.

10) Be alert and active at all times and not just at the time of learning.

If you do above things without thinking, or mechanically and in an unfocussed manner; you'll forget for sure because you never remembered it properly in the first place. When you leave your house, you usually worry about whether you locked your door or not simply because you locked it unconsciously, without giving it a thought. Absentmindedness is where the person shows inattentive or forgetful behaviour. The person

is lost in thought to the extent that one does not realize what one is doing, what is happening, etc; and the person is preoccupied to the extent of being unaware of one's immediate surroundings.

Meditation also helps immensely to be alert and avoid absentmindedness. It helps us to get mental focus and increase our concentration. The practice of meditation unclutters the mind by reducing excessive thinking. Excessive thinking consumes mental energy and fogs the mind from seeing and thinking clearly.

MATH TRICK:

If you take a 2 digit number and multiply it with 11; e.g. 27 multiply 11, then first write 2 and 7 keeping some space in between and then add 2 + 7 = 9 and the answer is 297.

45 multiply 11; then first write 4 and 5 keeping some space in between and then add 4 + 5 = 9 and the answer is 495.

79 multiply 11; 7+ 9=16; then first write 9 (last digit); then of 16 write 6 and 1 add to 7 (first digit) and 7+1=8 and the answer is 869.

93 multiply 11; 9+ 3=12; then first write 3 (last digit); then of 12 write 2 and 1 add to 9 (first digit) and 9+1=10 and the answer is 1023.

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